

# STRESS INVENTORY WORKSHEET

Rank from 1-7 the level of stress each area of your life has caused you this week.

Daily Stressors		1	2	3	4	5	6	7
Inventory	Work							
	Domestic responsibilities							
	Relationships							
	Daily routine							

  

Physical stressors		1	2	3	4	5	6	7
Inventory	Lack of sleep							
	Diet and nutrition							
	Exercise							
	Drinking water							

  

Emotional stressors		1	2	3	4	5	6	7
Inventory	Romantic relationships							
	Friendships							
	Memories							
	Specific triggers							

  

Major life events		1	2	3	4	5	6	7
Inventory	Has there been a major life change?							
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	-							
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Keep an eye on anywhere you are ranking 4 or more or areas you are experiencing stress in more than 1 domain. Consider ways you can address this specific stressor. Remind yourself if you are feeling low or noticing changes in your body, this can also be caused by stress.